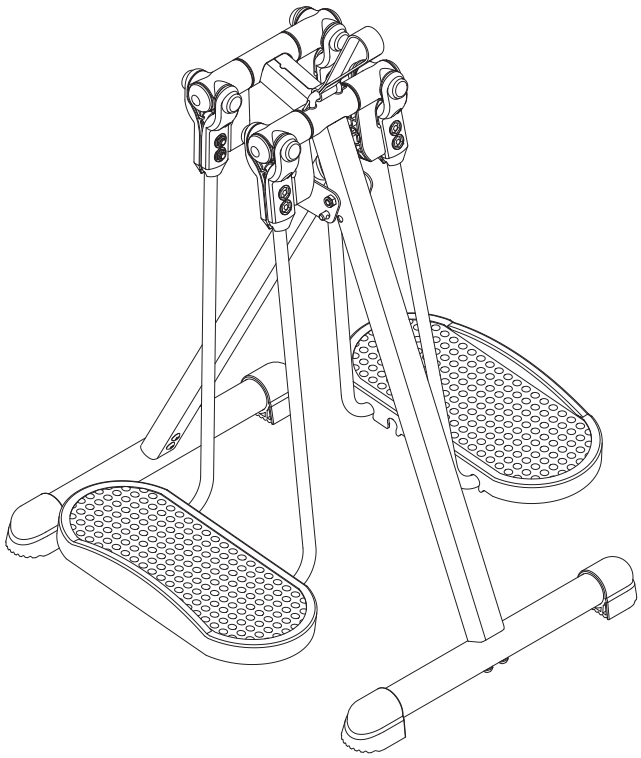
wirk™ Orbit

Owner's Manual

active forever™
IMPROVING OUTCOMES. IMPROVING LIVES.



Product May Vary Slightly From Pictured.

CAUTION:
Do not stand upright on the WIRK™ Orbit. It is not designed to support the bodyweight of an individual. Use only while seated with both feet on the pedals during exercise.

⚠ WARNING

Exercise can present a health risk. Consult a physician before beginning any exercise program with this equipment. If you feel faint or dizzy, immediately discontinue use of this equipment. Serious bodily injury can occur if this equipment is not assembled and used correctly. Serious bodily injury can also occur if all instructions are not followed. Keep others and pets away from equipment when in use. Always make sure all bolts and nuts are securely tightened prior to each use. Follow all safety instructions in this manual.

When calling for parts or service, please specify the following number:

Model#: 85-1000

This Product is Distributed Exclusively by

STAMINA® PRODUCTS, INC.

2040 N. Alliance, Springfield, MO 65803
Customer Service
1 (800) 375-7520
www.staminaproducts.com

STAMINA PRODUCTS
MADE IN TAIWAN

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2014, 12

TABLE OF CONTENTS

Safety Instructions 2
Before You Begin 4
Equipment Warning, Caution & Notice Labels ... 5
Hardware Identification Chart 6
Assembly Instructions 7
Storage 10
Maintenance 10
Conditioning Guidelines 11
Warm-Up and Cool-Down 12
Wirk™ Orbit Workout Guide 13
Wirk™ Coaster Toss Rules 16
Warranty 17
Product Parts Drawing 18
Parts List 19
Notes 20
Fax/Mail Ordering Form 22

SAFETY INSTRUCTIONS

⚠ WARNING **This product contains a chemical known to the State of California to cause cancer and birth defects or other reproductive harm.**

⚠ CAUTION **Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in bodily injury and property damage.**

⚠ WARNING **To reduce the risk of serious injury, read the following Safety Instructions before using the Wirk™ Orbit.**

1. Save these instructions and ensure that other exercisers read this manual prior to using the **Wirk™ Orbit** for the first time.
2. Read all warnings and cautions posted on the **Wirk™ Orbit.**
3. The **Wirk™ Orbit** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
4. Do not stand upright on the **Wirk™ Orbit.** It is not designed to support the bodyweight of an individual. Use only while seated with both feet on the pedals during exercise.
5. Keep children away from the **Wirk™ Orbit.** Do not allow children to use or play on the **Wirk™ Orbit.** Keep children and pets away from the **Wirk™ Orbit** when it is in use.
6. It is recommended that you place this exercise equipment on an equipment mat.
7. Set up and operate the **Wirk™ Orbit** on a solid level surface. Do not position the **Wirk™ Orbit** on loose rugs or uneven surfaces.
8. Make sure that adequate space is available for access to and around the **Wirk™ Orbit.**
9. Keep fingers clear of all pinch points when folding and unfolding the **Wirk™ Orbit.**
10. Before using, inspect the **Wirk™ Orbit** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
11. Consult a physi cian prior to commencing an exercise program and follow his/her recommendations in developing your fitness program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician.
12. Always choose the workout which best fits your physical strength and flexibility level. Know your limits and train within them. Always use common sense when exercising.
13. Do not wear loose or dangling clothing while using the **Wirk™ Orbit.**
14. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
15. Be careful to maintain your balance while using, mounting, dismounting, or assembling the **Wirk™ Orbit,** loss of balance may result in a fall and bodily injury.
16. The **Wirk™ Orbit** should be used by only one person at a time.
17. The **Wirk™ Orbit** is for consumer use only. It is not for use in public or semipublic facilities.

Call Us First

STAMINA® PRODUCTS, INC.

Customer Service

1 (800) 375-7520

www.staminaproducts.com

THANK YOU FOR PURCHASING THE Wirk™ Orbit

To enact your warranty, please register your product by going to register.staminaproducts.com

To help you get started, we have pre-assembled most of your Wirk™ Orbit at the factory with the exception of those few parts left unassembled for shipping purposes. Simply follow the few assembly instructions set forth in this manual. With regular workouts, you will be getting your body into shape and be on your way to achieving a happier and healthier lifestyle.

Should you have any questions, please call our Customer Service Department toll-free number,
1 (800) 375-7520
Monday - Thursday, 7:30 A.M. - 5:00 P.M., Central Time.
Friday, 8:00 A.M. - 3:00 P.M., Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

BEFORE YOU BEGIN

Thank you for choosing the **Wirk™ Orbit.** We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest.

It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The **Wirk™ Orbit** provides a convenient and simple method to begin your journey of getting your body in shape and achieving a happier and healthier lifestyle.

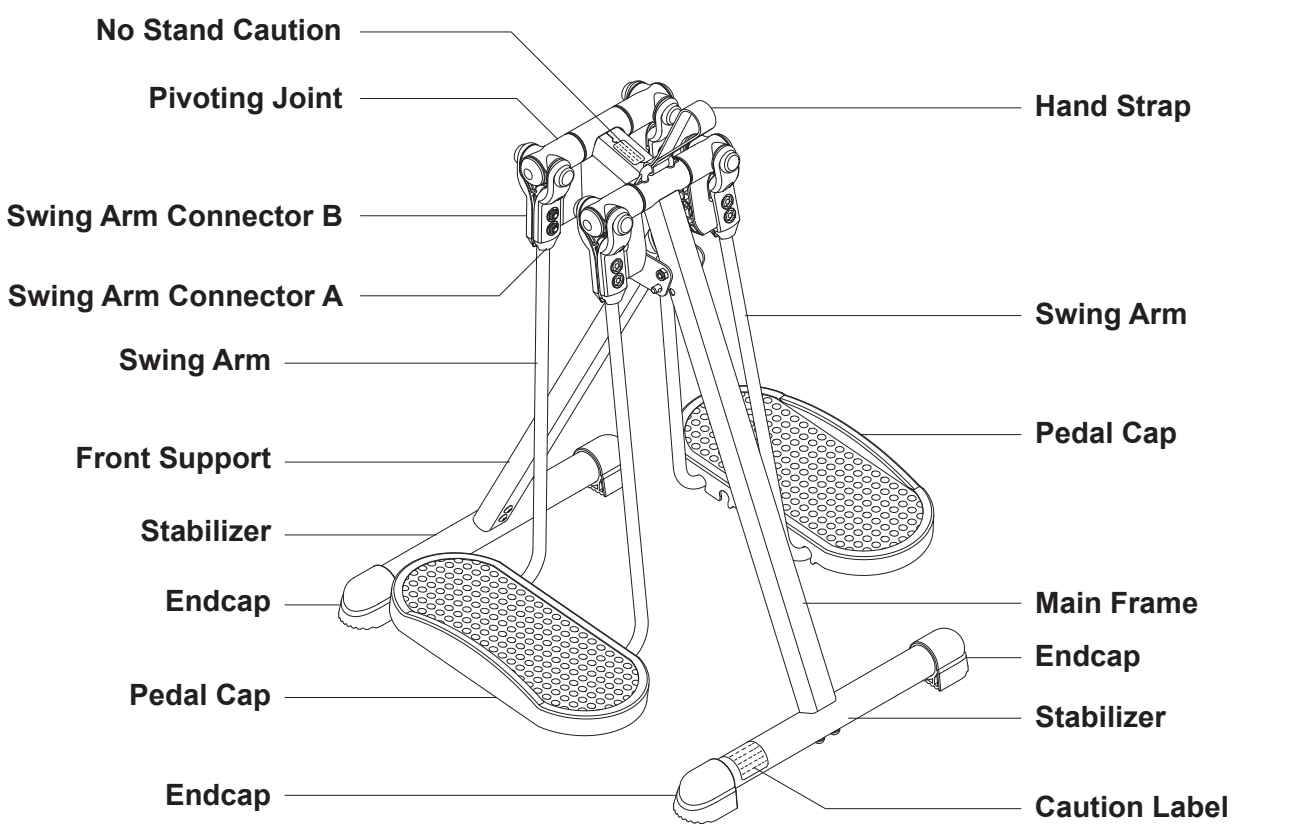
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the **Wirk™ Orbit.**

Although Stamina constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your **Wirk™ Orbit,** please do not return the product. Contact us FIRST!

If a part is missing or defective, please go to staminaproducts.com under the Service section and order the part needed, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

Be sure to have the name and model number of the product available when you contact us.



THE FOLLOWING TOOLS ARE INCLUDED FOR ASSEMBLY: **Allen Wrench (4mm)**

EQUIPMENT WARNING, CAUTION & NOTICE LABELS

This chart is provided to help identify the warning, caution, and notice labels on the **Wirk™ Orbit.** Please take a moment to familiarize yourself with all of the warning, caution, and notice labels.

Labels are larger than actual size

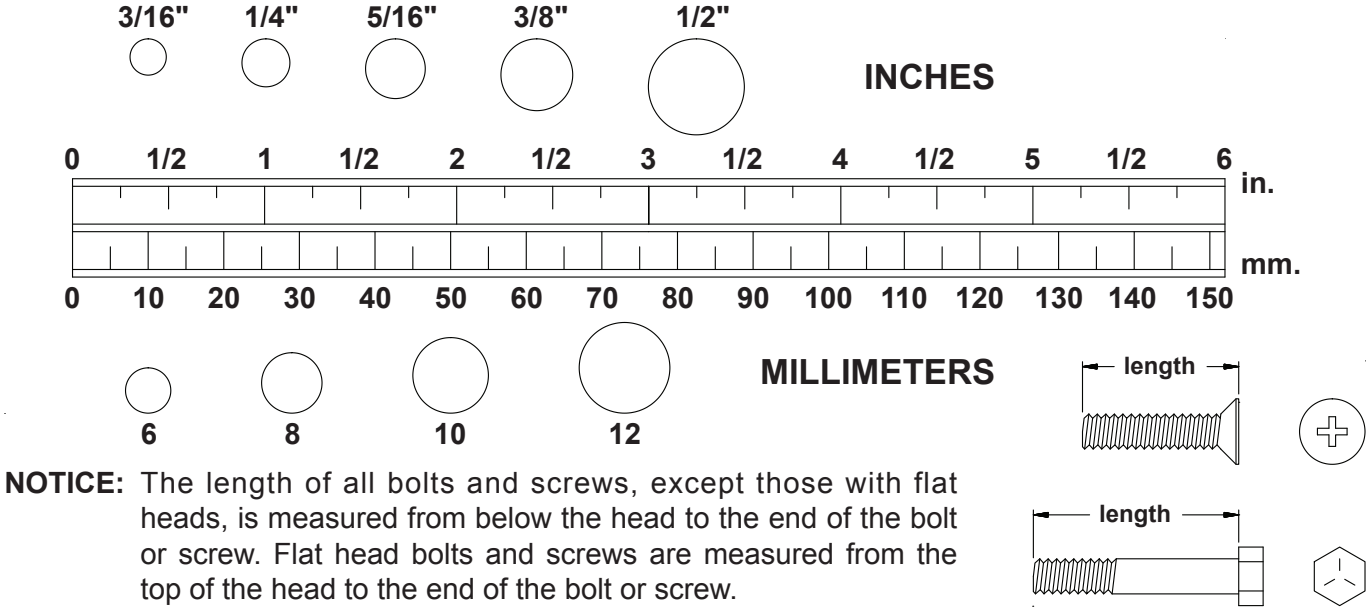
C1 **CAUTION LABEL(28)**

CAUTION
Failure to follow all warnings and instructions could result in serious injury or death. Before assembling or using this product, read and follow the Owner's Manual and all other warnings and instructions that accompany this product. Replace this warning label if damaged, illegible, or removed.
Keep others including children & pets away from equipment when in use.
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35 or have any pre-existing health condition. Always make sure all nuts and bolts are securely tightened before using this product. This product should not be used by persons weighing more than 250 lbs. unless otherwise stated in your Owner's Manual.

C2 **NO STAND CAUTION(29)**

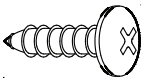
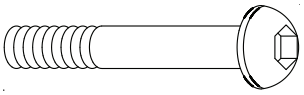
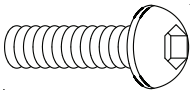
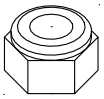
HARDWARE IDENTIFICATION CHART

This chart is provided to help identify the fasteners used in the assembly process. Place the washers or the ends of the bolts or screws on the circles to check for the correct diameter. Use the small scale to check the length of the bolts and screws.



NOTICE: The length of all bolts and screws, except those with flat heads, is measured from below the head to the end of the bolt or screw. Flat head bolts and screws are measured from the top of the head to the end of the bolt or screw.

After unpacking the unit, open the hardware bag and make sure that you have all the following fasteners. Some fasteners may be already attached to the parts.

	Part Number and Description		Qty
	20	Screw, Round Head (M5 x 15mm)	4
	21	Bolt, Button Head (M6 x 1 x 45mm)	4
	23	Bolt, Button Head (M6 x 1 x 25mm)	8
	26	Nylock Nut (M6 x 1)	8

ASSEMBLY INSTRUCTIONS

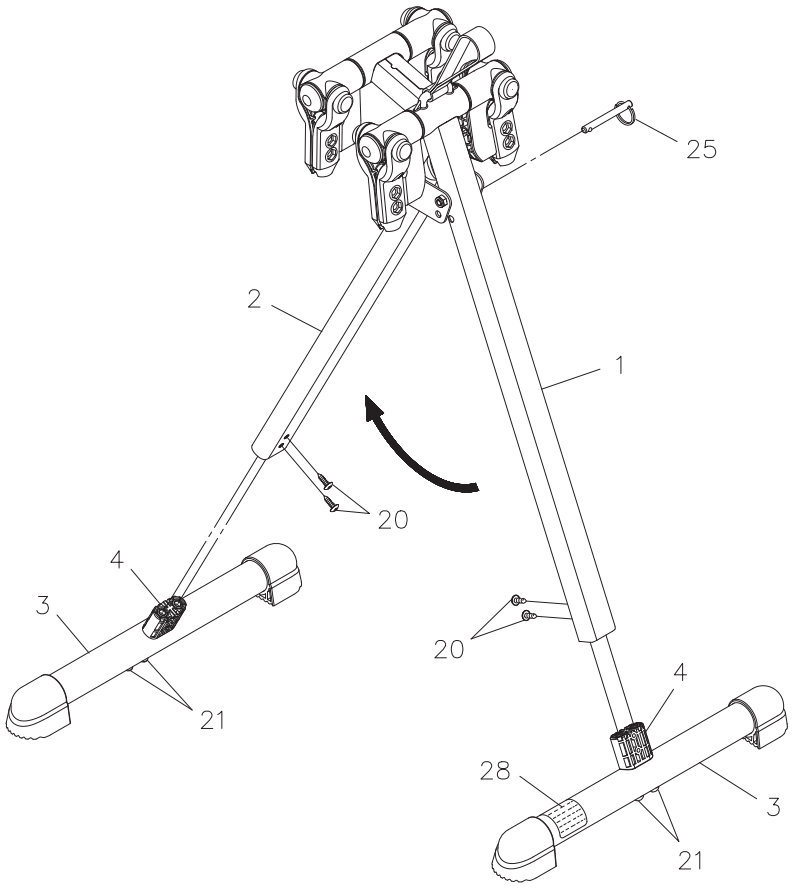
Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning. If you are missing a part, please go to staminaproducts.com under the Service section and order the part needed, e-mail us at customerservice@staminaproducts.com, or call us toll free at 1-800-375-7520 (in the U.S.). Our Customer Service Staff is available to assist you from 7:30 A.M. to 5:00 P.M. (Central Time) Monday through Thursday and 8:00 A.M. to 3:00 P.M. (Central Time) on Friday.

STEP 1

Unfold the **FRONT SUPPORT(2)** from the **MAIN FRAME(1)** and lock in position with the **LOCKING PIN(25).** Attach the **STABILIZER(3),** the one with the **CAUTION LABEL(28),** to the **MAIN FRAME(1)** by inserting the **MOUNTING INSERT(4)** into the **MAIN FRAME(1)** and secure with **ROUND HEAD SCREWS(M4x15mm)(20).** Tighten the two **BUTTON HEAD BOLTS(M6x1x45mm)(21)** under the **STABILIZER(3).**

STEP 2

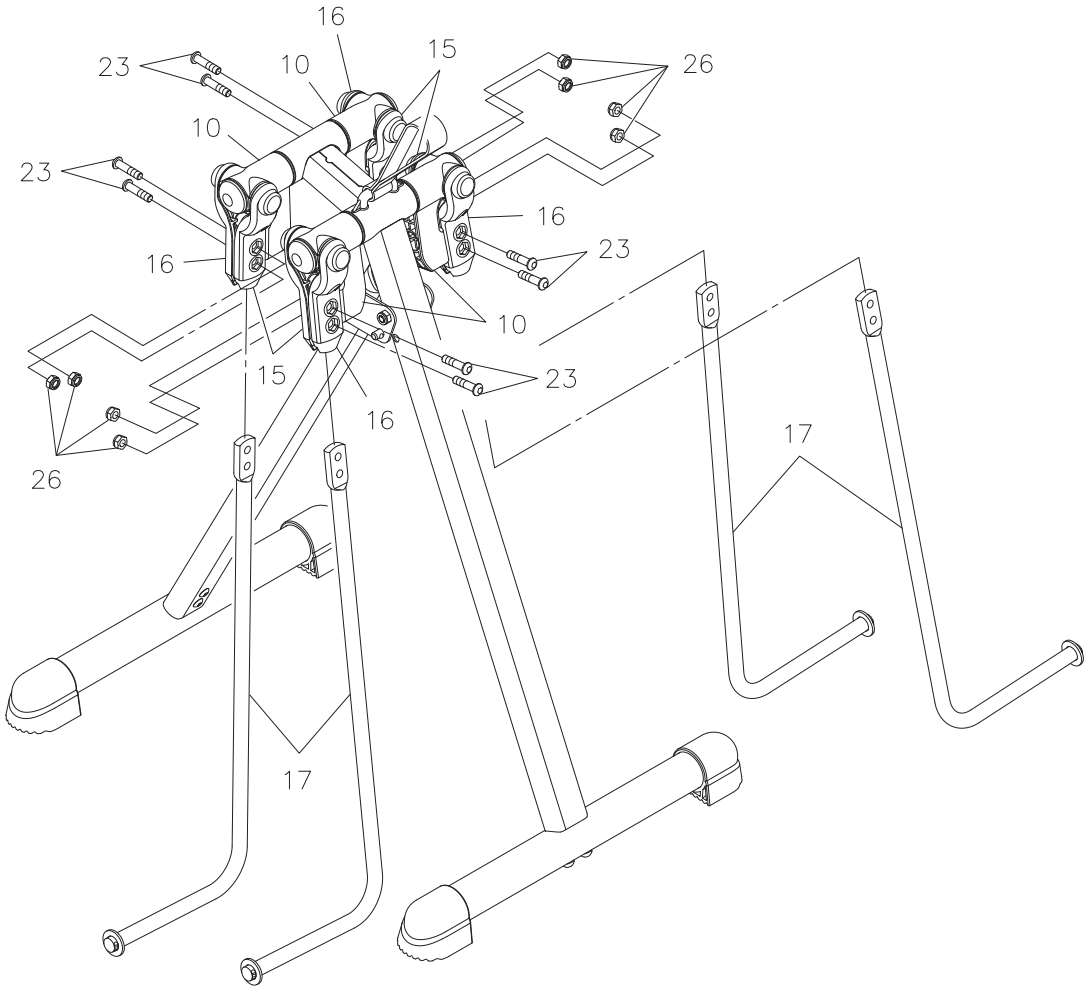
Attach the **STABILIZER(3)** to the **FRONT SUPPORT(2)** by inserting the **MOUNTING INSERT(4)** into the **FRONT SUPPORT(2)** and secure with **ROUND HEAD SCREWS(M4x15mm)(20).** Tighten the two **BUTTON HEAD BOLTS(M6x1x45mm)(21)** under the **STABILIZER(3).**



ASSEMBLY INSTRUCTIONS

STEP 3

Refer to the illustration below. **NOTE: Make sure all of the PIVOTING JOINTS(10) are facing down as shown.** Insert the **SWING ARM(17)** into the gap between the **SWING ARM CONNECTOR A(15)** and **SWING ARM CONNECTOR B(16),** and secure with **BUTTON HEAD BOLTS (M6x1x25mm)(23)** and **NYLOCK NUTS(M6x1)(26).** Repeat to assembly the other three **SWING ARMS(17).**

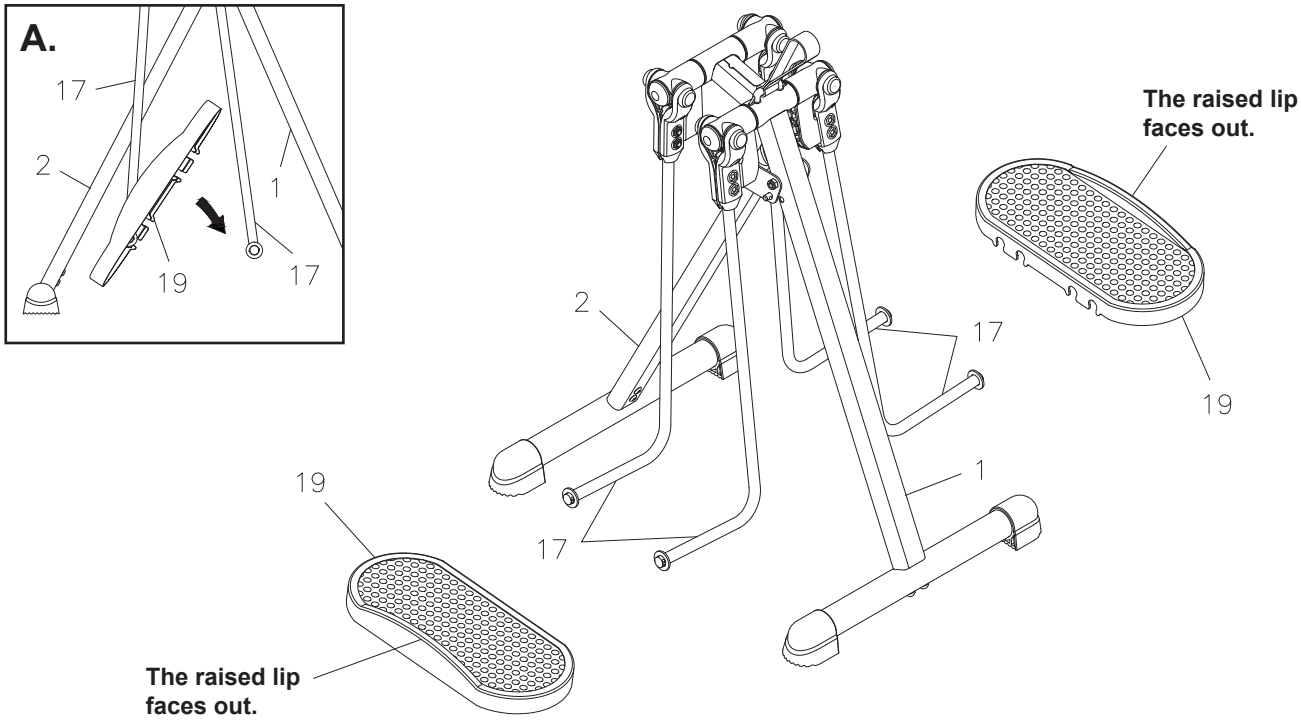


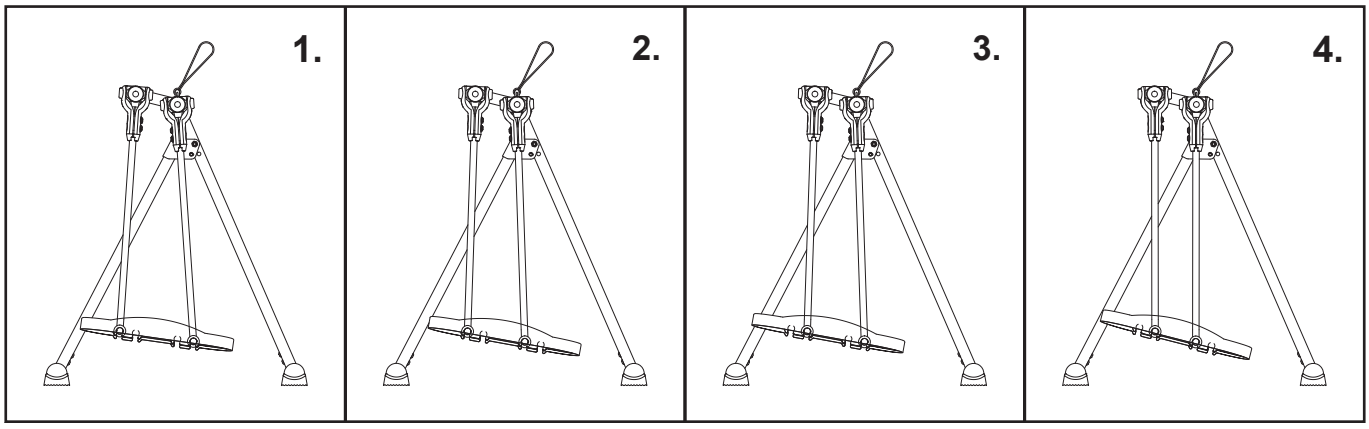
ASSEMBLY INSTRUCTIONS

STEP 4

Refer to the illustration below and the detail view A. Clip the **PEDAL CAPS(19)** onto the **SWING ARMS(17).**

There are four notches on the **PEDAL CAP(19).** It can be clipped to the **SWING ARMS(17)** in four different ways as shown in illustrations 1 to 4. Select the position that is most comfortable for you.

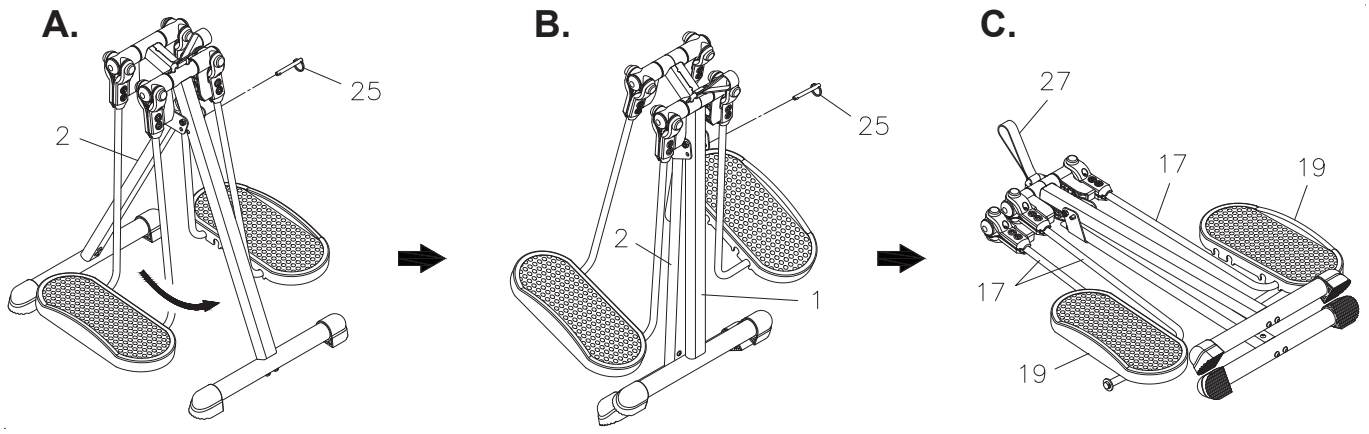




STORAGE

1. To store the **Wirk™ Orbit,** simply keep it in a clean dry place.
2. Follow the following procedure to fold the **Wirk™ Orbit** for easy storage.

   a. Remove the **LOCKING PIN(25)** from the **FRONT SUPPORT(2).**
   b. Fold the **FRONT SUPPORT(2)** in towards the **MAIN FRAME(1)** and lock in position with the **LOCKING PIN(25).**
   c. Detach the **PEDAL CAPS(19)** from the **SWING ARMS(17)** at the front to fold the unit as shown in the illustration C.
   d. Lift unit by the **HAND STRAP(27)** to move.



MAINTENANCE

The safety and integrity designed into the **Wirk™ Orbit** can only be maintained when the **Wirk™ Orbit** is regularly examined for damage and wear. Special attention should be given to the following:

1. Verify that all nuts and bolts are present and properly tightened. Replace missing nuts and bolts. Tighten loose nuts and bolts.
2. Verify that the **CAUTION LABEL(28)** is in place and easy to read. Call Stamina Products immediately at **1-800-375-7520** for a replacement **CAUTION LABEL(28)** if it is missing or damaged.
3. It is the sole responsibility of the user/owner to ensure that regular maintenance is performed.
4. Worn or damaged components shall be replaced immediately or the **Wirk™ Orbit** removed from service until repair is made.
5. Only Stamina Products supplied components shall be used to maintain/repair the **Wirk™ Orbit.**
6. Keep your **Wirk™ Orbit** clean by wiping it off with an absorbent cloth after use.

CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise.

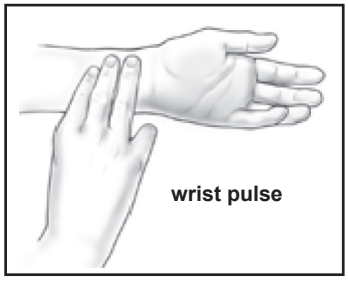
Remember to follow these essentials:

- Have your doctor review your training and diet programs.
- Begin your training program slowly with realistic goals that have been set by you and your physician.
- Warm up before you exercise and cool down after you work out.
- Take your pulse periodically during your workout and strive to stay within a range of 60% (lower intensity) to 90% (higher intensity) of your maximum heart rate zone. Start at the lower intensity, and build up to higher intensity as you become more aerobically fit.
- If you feel dizzy or lightheaded you should slow down or stop exercising.

Initially you may only be able to exercise within your target zone for a few minutes; however, your aerobic capacity will improve over the next six to eight weeks. It is important to pace yourself while you exercise so you don't tire too quickly.

To determine if you are working out at the correct intensity, use a heart rate monitor or use the table below. For effective aerobic exercise, your heart rate should be maintained at a level between 60% and 90% of your maximum heart rate. If just starting an exercise program, work out at the low end of your target heart rate zone. As your aerobic capacity improves, gradually increase the intensity of your workout by increasing your heart rate.

Measure your heart rate periodically during your workout by stopping the exercise but continuing to move your legs or walk around. Place two or three fingers on your wrist and take a six second heartbeat count. Multiply the results by ten to find your heart rate. For example, if your six second heartbeat count is 14, your heart rate is 140 beats per minute. A six second count is used because your heart rate will drop rapidly when you stop exercising. Adjust the intensity of your exercise until your heart rate is at the proper level.



Target Heart Rate Zone Estimated by Age*

Age	Target Heart Rate Zone (55%-90% of Maximum Heart Rate)	Average Maximum Heart Rate 100%
20 years	110-180 beats per minute	200 beats per minute
25 years	107-175 beats per minute	195 beats per minute
30 years	105-171 beats per minute	190 beats per minute
35 years	102-166 beats per minute	185 beats per minute
40 years	99-162 beats per minute	180 beats per minute
45 years	97-157 beats per minute	175 beats per minute
50 years	94-153 beats per minute	170 beats per minute
55 years	91-148 beats per minute	165 beats per minute
60 years	88-144 beats per minute	160 beats per minute
65 years	85-139 beats per minute	155 beats per minute
70 years	83-135 beats per minute	150 beats per minute

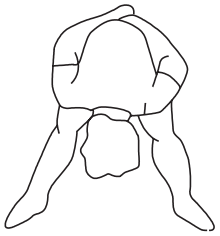
* For cardiorespiratory training benefits, the American College of Sports Medicine recommends working out within a heart rate range of 55% to 90% of maximum heart rate. To predict the maximum heart rate, the following formula was used: 220 - Age = predicted maximum heart rate

WARM-UP and COOL-DOWN

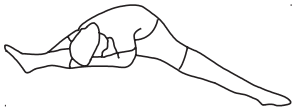
Warm-Up The purpose of warming up is to prepare your body for exercise and to minimize injuries. Warm up for two to five minutes before strength training or aerobic exercising. Perform activities that raise your heart rate and warm the working muscles. Activities may include brisk walking, jogging, jumping jacks, jump rope, and running in place.

Stretching Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury. Stretches should be held for 15 to 30 seconds. Do not bounce.

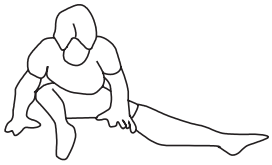
Suggested Stretching Exercises

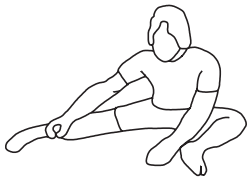


Lower Body Stretch
Place feet shoulder-width apart and lean forward. Keep this position for 30 seconds using the body as a natural weight to stretch the backs of the legs.
DO NOT BOUNCE!
When the pull on the back of the legs lessens, gradually try a lower position.



Floor Stretch
While sitting on the floor, open the legs as wide as possible. Stretch the upper body toward the knee on the right leg by using your arms to pull your chest to your thighs. Hold this stretch 10 to 30 seconds.
DO NOT BOUNCE!
Do this stretch 10 times. Repeat the stretch with the left leg.





Bent Torso Pulls
While sitting on the floor, have legs apart, one leg straight and one knee bent. Pull the chest down to touch the thigh on the leg that is bent, and twist at the waist. Hold this position at least 10 seconds. Repeat 10 times on each side.

Bent Over Leg Stretch
Stand with feet shoulder-width apart and lean forward as illustrated. Using the arms, **gently** pull the upper body towards the right leg. Let the head hang down.
DO NOT BOUNCE!
Hold the position a minimum of 10 seconds. Repeat pulling the upper body to the left leg. Do this stretch several times slowly.

Remember to always check with your physician before starting any exercise program.

Cool-Down The purpose of cooling down is to return the body to its normal, or near normal, resting state at the end of each exercise session. A proper cool-down slowly lowers your heart rate and allows blood to return to the heart. Your cool-down should include the stretches listed above and should be completed after each strength training session.

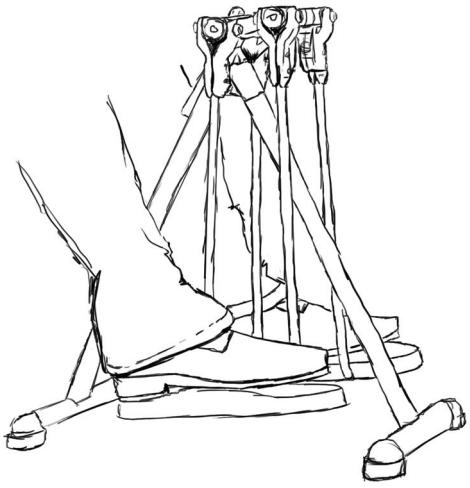
WIRK™ ORBIT WORKOUT GUIDE

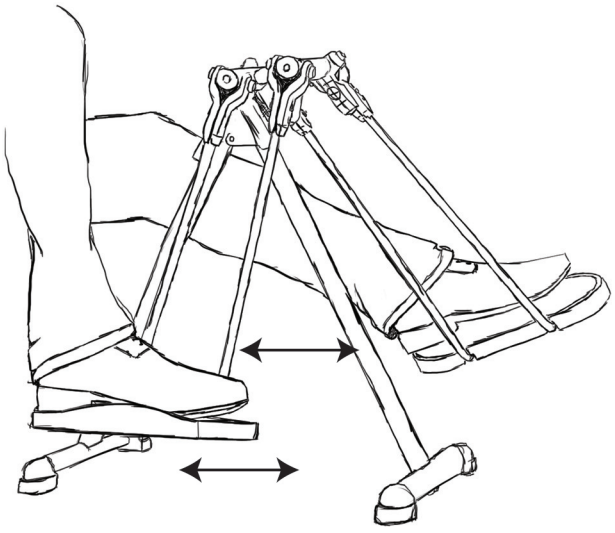
Hey there, WIRKaholic, you've purchased the WIRK Orbit. Great job! Now, you need to learn to use this beast. The following are exercises that can be performed under your desk while you 9 to 5 it. While you use the Orbit, you should sit up straight with your core engaged. Try not to lean on the back rest of your chair. So, go ahead, get your WIRK on!

WIRK™ ORBIT EXERCISES

THE NO-BRAINER

This one is as straight forward as your accounting practices. Place your new office kicks on the pedals and stride forward and backwards like you are walking. Keep your knees loosey-goosey (technical term) and slightly bent. Keep this motion going for 5 minutes, 20 minutes, or as long as you feel like it because this is your office, and these are your legs!





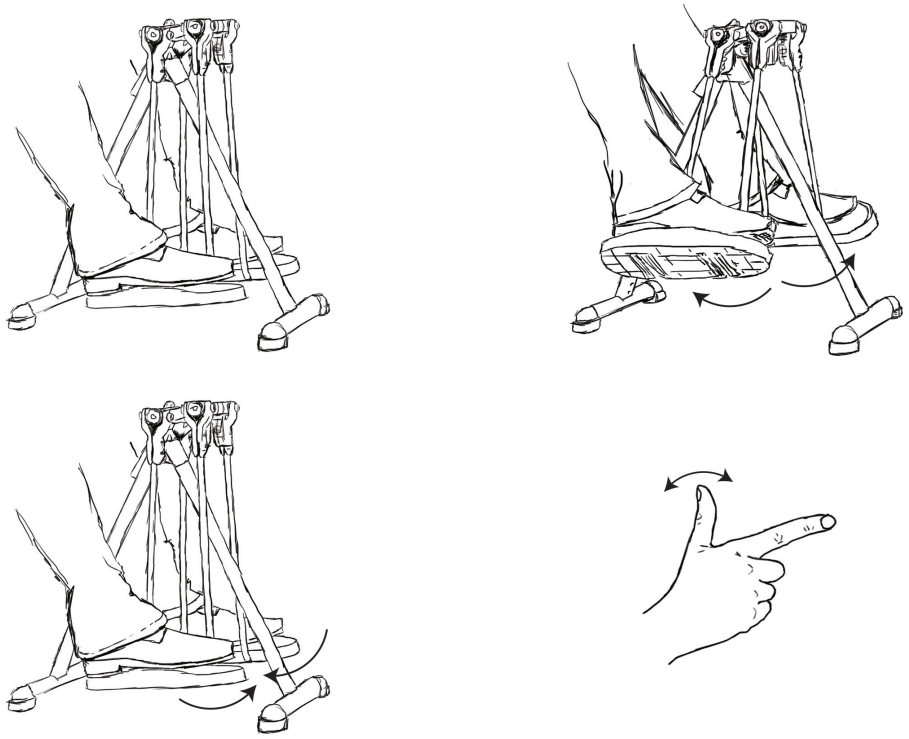
WIRK™ ORBIT EXERCISES

THE CELEBRATORY NO-BRAINER

You're happy about your new office fitness regiment and you want to let people know about it. You also want to strengthen your desk jockey arms. While you perform the No-Brainer, take one arm and put it straight up in the air like you like just hit a half court shot at the buzzer. With each stride, bend at the elbow and bring your hand back behind your head. Repeat 10 times and switch arms. For best results, invite a co-worker into your office for repeated high fives.

THE SIDE SWEEPER

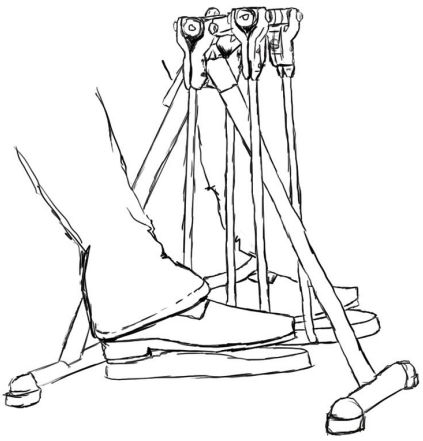
Assume the same position as the No-Brainer with your feet on the pedals (duh, this is the only way to use the Orbit). Push both feet directly out to their respective sides at the same time, like you're doing the world's lowest toe touch. Then, slowly lower your feet back to the starting position. Complete 10 Side Sweepers, rest and repeat. Feel free to type, surf the web, or give finger pistols to your office mates while Side Sweeping. For the office "Over Achiever" twist your body to the right on one rep and to the left on the next. To increase productivity, use this motion to move objects from one side of the desk to the other.

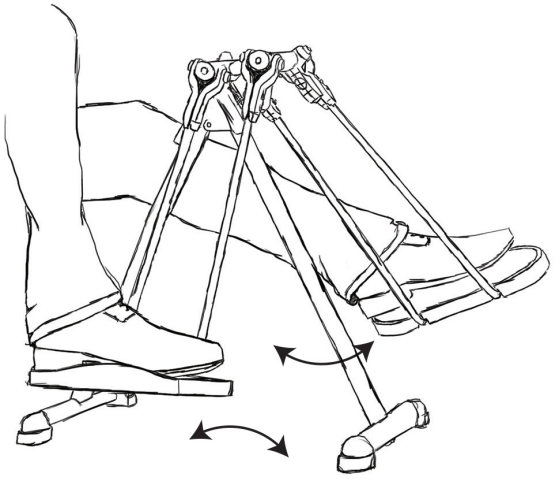


WIRK™ ORBIT EXERCISES

THE TRIPLE LUTZ

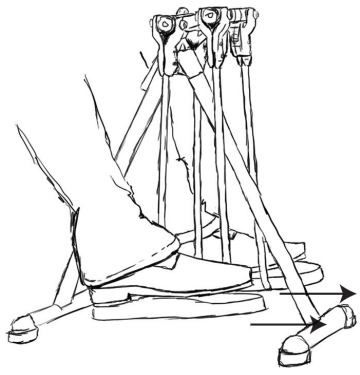
From the starting position, push your right foot forward and to the right as you bring your left foot back and to the left, then reverse the motion, just like you're skating. Repeat on the other side. Do 10-20 reps on each side, rest and repeat. Figure skating uniform is optional.

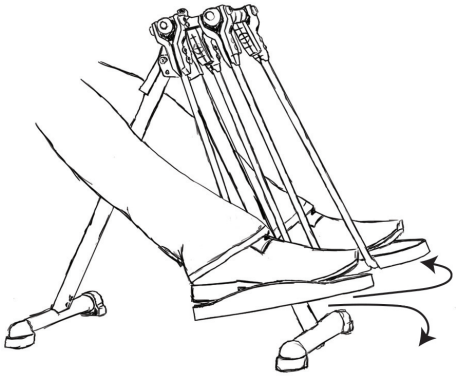


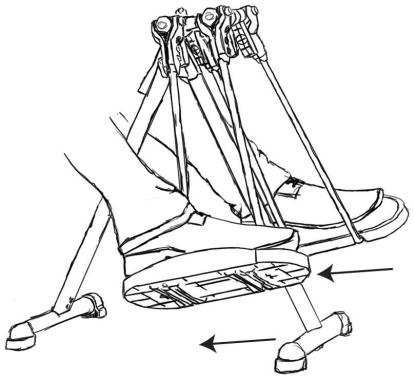


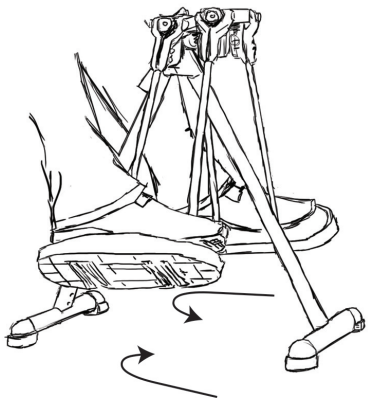
THE OOPTY OOP

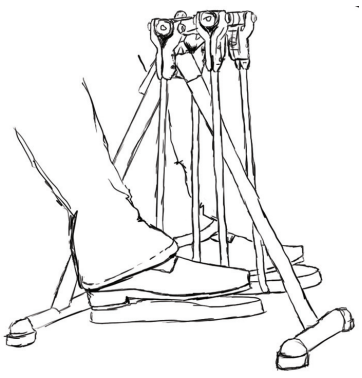
Break out the dress code approved sweatbands because it's about to get real! From the starting position, push both feet forward, out to side, to the back, and then back to the starting position making a full circle or…Orbit (BOOM!). Repeat 10 times. If you so dare, reverse the direction to perform the Reverse Oopty Oop. We've heard it's been done, but that's just office rumor.











Coaster Toss

On the bottom of the WIRK Orbit box, you'll notice a point system for the WIRK Coaster Toss. Use the included WIRK coaster to hold your coffee cup, water, iced pomegranate lemonade, or to play COASTER TOSS!!!

Rules:

One player at a time will toss the coaster from a predetermined distance to the box, attempting to land the coaster onto the box. We recommend 3 paces, but the distance for your game is up to you. Choose tossing order by drawing straws, flipping a coin, playing paper-rock-scissors, alphabetical by last name, shoe size, etc.

Points are determined by the section of the box where the coaster comes to rest. If the coaster lies between two sections, the player is awarded the points where the majority of the coaster lies (i.e. if more than half of the coaster is in the 30 point section, player is awarded 30 points). No points are earned if the coaster falls off the box.

First player to earn 100 or more points wins. Every player shall get an equal number of tosses. For example, if player 1 reaches 100 points in 5 tosses, the other players shall get to toss their fifth attempt if they are within tying range. The winner is determined by the player who has the highest score over 100 at the end of the round.

In the event of a tie, a one toss tiebreaker shall be held between the players. The player with the highest one toss score will be the winner. Tiebreaker toss shall be repeated until a winner is determined.

The winner shall be rewarded with a prize of the group's choosing. We suggest ownership of the WIRK Coaster until the game is played again.

LIMITED WARRANTY

MODEL 85-1000

WARRANTY

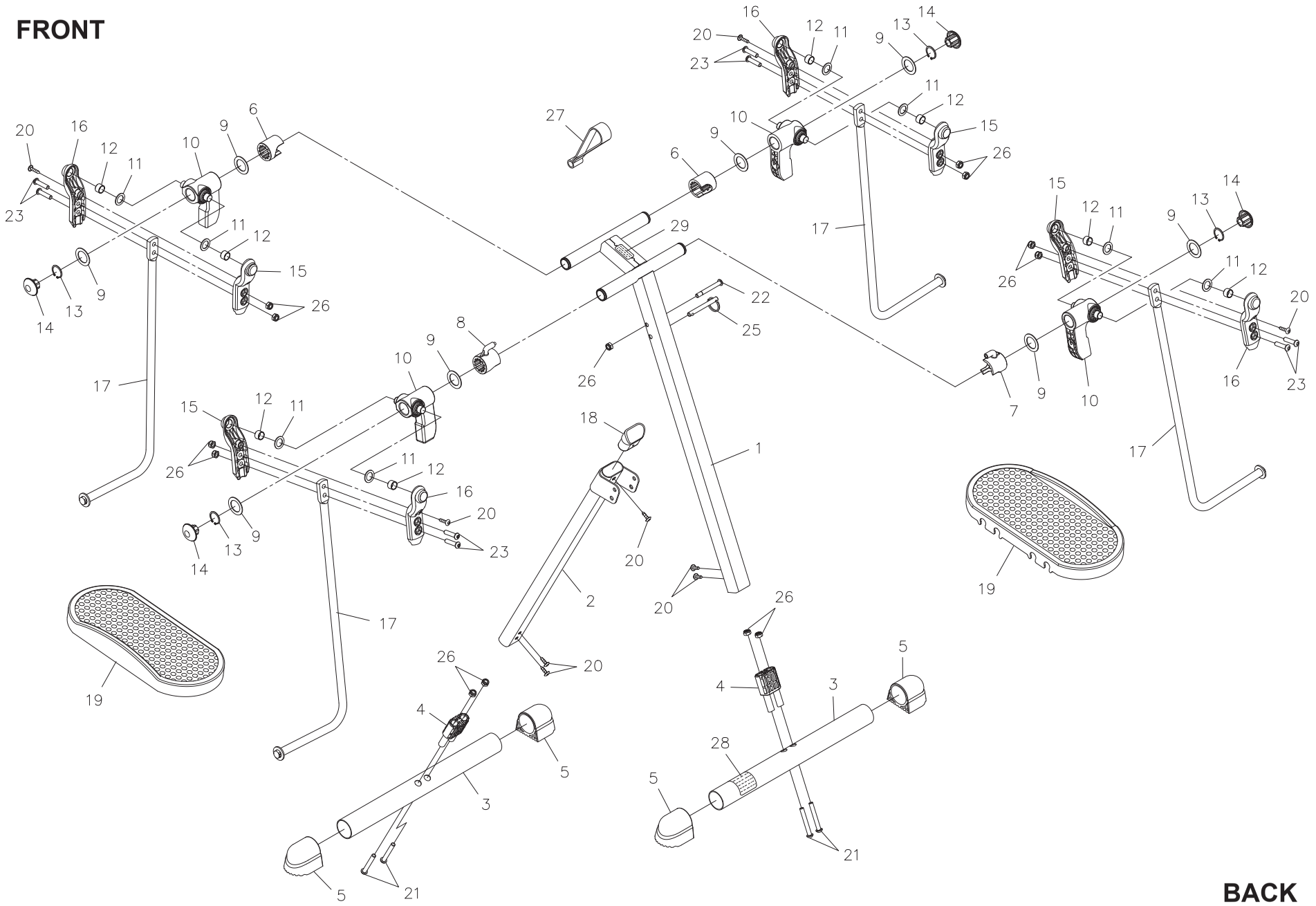
Stamina Products, Inc. warrants that this product will be free from defects in materials and workmanship under normal use, service, proper assembly and proper operation for a period of 90 days on the parts and one year on the frame from the date of the original purchase from an authorized retailer. **THIS WARRANTY SHALL NOT APPLY TO ANY PRODUCT WHICH HAS BEEN SUBJECT TO COMMERCIAL USE, ABUSE, MISUSE, ALTERATION OF ANY TYPE OR CAUSE OR TO ANY DEFECT OR DAMAGE CAUSED BY IMPROPER ASSEMBLY, REPAIR, REPLACEMENT, SUBSTITUTION OR USE WITH PARTS OTHER THAN PARTS PROVIDED BY STAMINA PRODUCTS, INC.** Commercial use includes use of the product in athletic clubs, health clubs, spas, gymnasiums, exercise facilities, and other public or semipublic facilities whether or not the product's use is in furtherance of a profit making enterprise, and all other use which is not for personal, family, or household purposes.

To implement this limited warranty, send a written notice stating your name, date, and place of purchase and a brief description of the defect along with your receipt to **Stamina Products, Inc. P.O. Box 1071, Springfield Missouri, USA, 65801-1071,** or email us at **customerservice@staminaproducts.com,** or call us at **1-800-375-7520.** If the defect is covered under this limited warranty, you will be requested to return the product or part to us for free repair or replacement at our option. **NO ACTION FOR BREACH OF THIS LIMITED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER THE DATE THE ALLEGED BREACH WAS OR SHOULD HAVE BEEN DISCOVERED. NO ACTION FOR BREACH OF ANY IMPLIED WARRANTY MAY BE COMMENCED MORE THAN ONE (1) YEAR AFTER DELIVERY OF THE PRODUCT TO THE PURCHASER.** This limited warranty is not transferable. **IF ANY PART OF THE PRODUCT IS NOT IN COMPLIANCE WITH THIS LIMITED WARRANTY OR ANY IMPLIED WARRANTY, THE REMEDY OF REPAIR OR REPLACEMENT IS THE EXCLUSIVE REMEDY AVAILABLE TO YOU.** In the event that the purchaser makes any claim under this limited warranty or any implied warranty, the Warrantor reserves the right to require the product to be returned for inspection, at the purchaser's expense, to the Warrantor's premises in Springfield, Missouri. Return of the enclosed warranty registration card is not required for warranty coverage, but is merely a way of establishing the date and place of purchase.

Stamina Products, Inc. **SHALL NOT BE LIABLE FOR THE LOSS OF USE OF ANY PRODUCT, LOSS OF TIME, INCONVENIENCE, COMMERCIAL LOSS OR ANY OTHER INDIRECT, CONSEQUENTIAL, SPECIAL OR INCIDENTAL DAMAGES DUE TO BREACH OF THE ABOVE WARRANTY OR ANY IMPLIED WARRANTY.**

This limited warranty is the only written or express warranty given by Stamina Products, Inc. This warranty gives you specific legal rights, and you may also have other legal rights which vary from state to state. **ANY OTHER RIGHT WHICH YOU MAY HAVE, INCLUDING ANY IMPLIED WARRANTY OR MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE, IS LIMITED IN DURATION TO THE DURATION OF THIS WARRANTY.**

The laws in some jurisdictions restrict the rights of manufacturers and distributors of consumer goods to disclaim or limit implied warranties and consequential and incidental damages with respect thereto. If any such law is found to be applicable, the foregoing disclaimers and limitations of and on implied warranties and consequential and incidental damages with respect thereto shall be disregarded and shall be deemed not to have been made to the extent necessary to comply with such legal restriction.


FRONT
BACK

PARTS LIST

PART#	PART NAME	QTY
1	Main Frame	1
2	Front Support	1
3	Stabilizer	2
4	Mounting Insert	2
5	Endcap (ø31.8mm)	4
6	Front Spacer	2
7	Right Rear Spacer	1
8	Left Rear Spacer	1
9	Large Washer	8
10	Pivoting Joint	4
11	Washer (ø12.8 x ø19.5 x 1mm thick)	8
12	Bushing (ø12.7 x ø14.3 x 8mm)	8
13	C Ring (No.19)	4
14	Dome Plug (ø25mm)	4
15	Swing Arm Connector A (two holes)	4
16	Swing Arm Connector B (three holes)	4
17	Swing Arm	4
18	Support Plug	1
19	Pedal Cap	2
20	Screw, Round Head (M5 x 15mm)	9
21	Bolt, Button Head (M6 x 1 x 45mm)	4
22	Bolt, Button Head (M6 x 1 x 50mm)	1
23	Bolt, Button Head (M6 x 1 x 25mm)	8
25	Locking Pin	1
26	Nylock Nut (M6 x 1)	13
27	Hand Strap	1
28	Caution Label	1
29	No Stand Caution	1
30	Allen Wrench (4mm)	1
31	Manual	1
33	Coaster	1

NOTES

NOTES

TO CONTACT CUSTOMER SERVICE

For your convenience, Stamina's customer service representatives can be reached by email at customerservice@ staminaproducts.com or by phone at 1-800-375-7520 (in the U.S.). Our customer service representatives are available Monday through Thursday from 7:30 a.m. until 5:00 p.m., and Friday 8:00 a.m. until 3 p.m. Central Time.

ONLINE
CUSTOMER SERVICE
customerservice@staminaproducts.com
www.staminaproducts.com

TELEPHONE
CUSTOMER SERVICE
Tel: 1 (800) 375-7520

FAX
CUSTOMER SERVICE
Fax: (417) 889-8064

MAIL
STAMINA PRODUCTS, INC.
ATTN: Customer Service
P.O. Box 1071
Springfield, MO. 65801-1071

Would you like to recieve email information or special offers from Stamina Products? Register at contact staminaproducts.com.

TO ORDER PARTS

If there are missing or damaged parts, you can go to parts.staminaproducts.com and order those parts. If you have questions, please contact customer service. Do not return the product. To order parts by mail, fill out the sheet below and fax it to 417-889-8064. The part will be mailed to your address.

Detach and Mail or Fax the Form Below

PARTS ORDER FORM

Stamina Products, Inc.
P.O. Box 1071
Springfield, MO 65801-1071

Mr./Ms: .....

Address: ..... Apt. #: .....

City: ..... State: ..... Zip Code: .....

IMPORTANT : We must have your phone number to process the order!

Phone #: ( ) ..... Work Phone #: ( ) .....

Date of Purchase: .....

Model #: .....

Purchased From: .....

IMPORTANT : Before filling out the form below make sure you have the correct information. Refer to the parts list to make sure you're ordering the right parts!

PART #	DESCRIPTION	QUANTITY
EXAMPLE: 1	Rear Stabilizer	1